South on top again

It was a seventh-straight victory for the South in the annual Ed Henick Senior Bowl PAGE 3

ROYALS MAKING THE ROUNDS

PRINCE CHARLES AND WIFE CAMILLA WILL BE IN REGINA WEDNESDAY PAGE 4

REGINA metro®

Tuesday, May 22, 2012

News worth sharing.

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GAME CHANGE

Tami Makowsky and her ex-Roughrider husband, Gene, have some family fun with their three sons at home on Monday. Tami reflects on how the family's life has changed since Gene became an MLA in Brad Wall's party, page 2.

CARRIE-MAY SIGGINS/METRO

Police forced to shoot dog

A Rottweiler is dead after its owner allegedly sent the dog to attack Regina police outside a motor home this weekend PAGE 2

Grooving to his own beat

Genre-bending Saskatoon hip-hop producer Factor speaks with Metro about his new digital EP, which comes out today PAGE 3

You've got the money ... now what?

How to make the most of a financial windfall PAGE 13

CFL chief Cohon talks Heenan and league's future

Spotlight. Commissioner pulls no punches when telling us why he let Riders make early draft-pick announcement

Mark Cohon, the CFL's 12th commissioner, signed a three-year extension in November to remain the league's top official.

He became the league's boss in April 2007. In the past five years, the CFL has enjoyed a resurgence in most cities with attendance increases, strong corporate partnerships, drug and safety initiatives, and a ground-breaking television deal.

In a recent interview Cohon, 45, discussed a variety of topics as the league embarks on one of its most ambitious seasons ever.

One of the most recent hot CFL topics in the province was No. 1 pick Ben Heenan, a Saskatchewan native. Cohon made a case for allowing Saskatchewan to announce who it was drafting No. 1, five hours before the draft went live on television.

"When I first became commissioner, we did the draft in my office on the Internet. But the way our draft is now held, it's put more pressure on our GMs and coaches to draft the right players. Now, fans know these players because we've been promoting them leading up to it," Cohon explained.

"It was in the home province of Ben Heenan. It was very moving for him and his family. It was important for the team and it was important for the community.... This was a unique situation. We had a hometown boy in front of his family and at his university with 2,000 people at a breakfast that morning."

As it turns out, Cohon said, TSN also liked the early announcement idea.

"They could build upon it and create a good story leading into the draft. We wouldn't have done it had they not gone with the hometown guy. We wouldn't have allowed it if there had been a trade leading up to it."

As Cohon looks into his crystal ball, he appears to have total confidence in the CFL and expects it to be even stronger when his term ends in 2015.

"Last year was the first time all eight teams were under the salary cap and that has led to parity and a more competitive product," Cohon said.

"I believe that will continue. We will have fans sitting in brand new stadiums in Winnipeg, Ottawa and Hamilton. Hopefully, construction will have started in Regina. We will have a new television deal and a strong collective bargaining agreement for our owners, our players and our fans."

METRO/WITH FILES FROM TORSTAR NEWS SERVICE

Quoted

"This year's draft got more media attention in addition to dialogue among our fans. Maybe we'll go to prime time next year as a test."

Mark Cohon, CFL commissioner

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NEWS

On the web

Cheese producers suffer after Italy quake

Italian cheese producer Oriano Caretti woke up to shaking earth and then to the roar of some 30,000 wheels of Parmesan cheese crashing to the ground in the warehouse next to his home. The weekend earthquake in northern Italy caused enormous damage to the region's cheese industry. See video of the damage at metronews.ca.

Kid gets thrown in with the laundry

Turns out auto-lock on laundry machines really does work. A couple learned this the hard way after putting their toddler into a laundromat washing machine and shutting the kid inside (the child is now safely out of the machine). Watch the tape at metronews.ca.

Mobile news

Want to sit next to friends or family on the plane this summer? Be prepared to pay a little extra. Scan the code to read about U.S. Airlines reserving a growing number of window and aisle seats for passengers willing to pay a premium for the better seats.

Tami and Gene Makowsky play catch with their three sons at their home on Monday. CARRIE-MAY SIGGINS/METRO

Pondering life after the Roughriders

Moving on. For Tami Makowsky, CFL season won't be the same now that husband Gene has left football to be an MLA

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

This coming June will be a difficult month for Tami Makowsky and her family.

The start of the CFL football season will be the first time in 17 years that her husband won't be waving to her and their three sons from the field.

Gene Makowsky, a former offensive lineman for the Saskatchewan Roughriders, announced his retirement Feb. 17 to concentrate on his new position as an MLA in Brad Wall's Saskatchewan Party government.

The change has meant a period of transition for Tami.

"Everything about our lives was planned around the football season," she said in an interview with Metro.

"I think it's going to be really difficult to go to those first few games. I think I'm going to have to wear my sunglasses and the waterproof mascara."

Tami has always been a Roughriders fan, even before meeting Gene. She was born and raised in the Uplands area of Regina, attending the now-defunct Sister McGuigan Catholic High School.

Her brother is almost 20 years her senior, her sister 16 years older, so as young as age 10, Tami was babysitting her nieces and nephews.

This experience led to a fascination with pediatric nursing. She attended nurse's college and right out of school landed her dream job at the Regina General Hospital in the sick kids' unit.

Then in 1996, friends introduced Tami to Gene. She said the connection was instantaneous.

"I really, truly knew right away."

Adjustment

"I think it's going to be really difficult to go to those first few games. I think I'm going to have to wear my sunglasses and the waterproof mascara."

Tami Makowsky, on what it will be like watching Roughriders games without her husband, Gene, playing.

The couple married in 1999, and had their first son three years later.

At this point, Tami decided to stay home with the children. "Gene's mom also stayed home with him and his siblings. We both wanted to try and have our children raised the same way we were."

Between the time Gene was drafted in 1995 and the Riders' 2007 Grey Cup win, Tami admitted that there were a few difficult years when the Riders weren't winning all their games.

"There were some really tough years when the team was losing," said Tami.

"You do hear people badmouthing the team. Gene would tell me not to pay attention, but it's my husband and the team is my team."

But the Riders had a number of successful years towards the end of Gene's football career. "You really get to enjoy those good times," said Tami.

Tami said that there are some major differences between having an MLA and a Roughrider in the house.

"He was always home by suppertime when he played football, except for the away games, but now he's really busy. There's lots and lots of events that he gets invited to."

And Tami admitted that she gets invited to lots of events, as well. One of these includes attending Wednesday's royal visit to the legislative assembly.

"I'm thinking I might have to shop now," said Tami. "Although I'll probably keep it simple."

Animal assault. Police forced to shoot dog in altercation

An altercation between the Regina police and an adult Rottweiler on Sunday resulted in the dog being shot and charges being laid against its owner, Michael Wolfe, 49.

For his alleged conduct during the altercation, police say, Wolfe has been charged with assault with a weapon.

At 4:18 p.m. Sunday, police were called to a suspicious motor home outside a construction site on the 100 block of Osler Street.

Police allege that as officers approached the vehicle, Wolfe sent the dog to attack them.

After controlling the dog, police locked the animal in the motor home and animal protection was called.

Once on scene, police say the animal-protection officer was unable to control the Rottweiler and the animal tried to attack officers once more.

This time the "officer had no avenue of escape and no alternative; he fired his weapon, striking the dog and killing it," according to a police statement.

Wolfe will appear in provincial court June 14.

JEFF MACKEY/METRO

Missing person

Search for man in Cowan Lake

A search is underway for a man who dove off a pontoon boat into a western Saskatchewan lake, but police say long delays prevented the search from beginning.

The boat was on Cowan Lake on Sunday when a 23-year-old man jumped into the water. Police say a companion jumped off the boat and tried to throw him a life jacket.

According to police, the boat had mechanical problems and began to drift away. It was a long time before it was spotted and towed to shore, police say. It was only then that the missing man could be reported to authorities.

Police say the water was very cold and that it still had ice on it until only a few weeks ago. An underwater recovery team was on its way to the site on Monday. THE CANADIAN PRESS

Metro retraction

Retraction and apology to Conrad Black

In the May 7, 2012, edition of Metro and on metronews.ca, we published an article entitled, "Following the mogul script." That article incorrectly reported on the nature of Conrad Black's convictions. In fact, the only convictions upheld against Mr. Black were one count of obstruction of justice and one count of mail fraud.

Moreover, we retract any allegation that Mr. Black created "flimsy businesses based on fraud." We apologize to Mr. Black for these misstatements.

Flick recognition

U of R students get TIFF screening

Film students at the University of Regina have had their film selected by the Toronto International Film Festival as one of 10 Canadian student films to screen at the ninth annual Student Showcase.

April Doesn't Hurt Here was written and directed by fourth-year film student Matt Yim, and produced by fourth-year film student Allan Roeher.

The film stars Laura Abramsen, Yim and Ian Schneider.

The showcase will have two screenings, on Tuesday, at the TIFF Bell Lightbox in Toronto and Saturday at the Vancity Theatre in Vancouver.

METRO

South rises again in all-star classic

The South celebrates its seventh-straight Ed Henick Senior Bowl on Monday at Griffiths Stadium after a 15-11 victory over the North.
DORIAN GEIGER/METRO IN SASKATOON

Senior Bowl. Game attracts province's best high-school football players

DORIAN GEIGER
Metro in Saskatoon

Saskatchewan's premier high-school football players descended on Griffiths Stadium in Saskatoon for the 28th Ed Henick Senior Bowl on Monday for an all-star game between players from the North and South reaches of the province.

The South claimed its seventh-consecutive Ed Henick bowl with a score of 15-11. The team has traditionally dominated the game, and walked away with an all-time 18-10 record after Monday's contest.

"We came out on top, which is huge, and the boys played well," South coach John Bolen said. "It was tight. I'm trying to remember when the last Senior Bowl was that close."

Scott McHenry, a University of Saskatchewan Huskies alumnus who now plays with the Saskatchewan Roughriders, was the honorary captain for both the North and South. McHenry said the contest was a major stepping-stone for his career when he played in the Senior Bowl in 2005.

"It's the first chance you have to play against the best players of your age group in Saskatchewan," McHenry said. "It gives guys confidence heading into Canadian Interuniversity Sport, which is the next step for a lot of them."

Saskatoon Hilltops head coach Tom Sargeant was also in attendance. He estimated there were 15 to 20 players on the North who would be vying for a position with the Hilltops.

"I was rooting for the North and we lost again, so it's always a little disappointing," Sargeant said.

Despite the North's losing streak, Sargeant doesn't think the loss is a sign of the calibre of football in the region.

"Thank God it hasn't rubbed off on Hilltops football yet. Football is alive and well here," he joked.

Turf guys

"It's the first chance you have to play against the best players of your age group in Saskatchewan. It gives guys confidence heading into Canadian Interuniversity Sport."
Roughrider Scott McHenry

From the Earth to the Sky

The MacKenzie Art Gallery is currently hosting the exhibition John Noestheden: Sky & Shuvinai Ashoona: Earth, featuring the collaborative work of artists Noestheden and Ashoona. The show runs until Aug. 19.

SHUVINAI ASHOONA AND JOHN NOESTHEDEN, UNTITLED COLLABORATION, 2008

Factor him in for hip hop in Saskatchewan

Over the past decade, Saskatoon music producer Factor has put Prairie hip hop on the map in a monumental way.

With the release of his new digital EP, Club Soda Series 2, on Tuesday, all signs are good that he'll be redrawing the map once again.

"My sound has been changing. Club Soda Series 2 is a glorified mixtape that is a compilation of all original works that aren't necessarily geared towards a cohesive project," Factor said on Thursday. "It's just digital and maybe a bit more experimental. It's to the point that it's just creating a sound. I don't even know what the genre is any more. At the base of it is hip hop, always."

Often compared to artists such as RJD2 and DJ Shadow, Factor's brand of hip hop can be both folksy and psychedelic. Other times there are hints of electronica. And sometimes Factor delivers pure, funky, boom-bap hip hop. Even those who don't care much for rap are into Factor's music. With his label, Sideroad Records, he reaches out to guitarists, bassists, trumpet players and pianists across Saskatchewan to layer his beats. The result: Non-artificial hip hop.

Nolto, Laika, Def3, Moka Only, Evil Ebineezer, Jeans Boots and Cam the Wizard are featured on the new six-track digital album.

Factor's laid-back approach has allowed him to forge relationships with some of Canada's rap heavyweights such as Shad, Skratch Bastid and Josh Martinez.

He also has a special connection to hip hop on the U.S. West Coast. He recorded at Xzibit's Los Angeles mansion while working with his friend AWOL One. Factor is also working on an album with Myka 9. The L.A. rapper will release his second full-length album with Factor in September on Connecticut label Fake Four Inc.

"Myka's the guy that's one of the innovators of West Coast hip hop. He ghostwrote for NWA. That was so long ago. He's still one of the best rappers out right now," Factor said.

Like his music, Factor is a quirky character. Obsessed with chandeliers, he began hanging them above the DJ booth at shows where he was performing. He even has one tattooed on his forearm.

"They're just fly. It's cool to bring one on stage as a prop — anything to add something a little different to the shows. It has a nostalgic, funky vibe."

Club Soda Series 2 is available on iTunes and Bandcamp for $3.99.

DORIAN GEIGER/METRO IN SASKATOON

Factor strolls along the riverside in Saskatoon's Rotary Park on Thursday with his one-eyed dog, Pirate. He plays a free show at O'Hanlon's Pub in Regina on May 25 with Queen City MC Def3.
DORIAN GEIGER/METRO IN SASKATOON

Mayoral race. One in, one out in fall civic contest

Over the past few days the Regina mayoral race lost one candidate — but gained another.

David Robert Loblaw said on his website Saturday that he is stepping down from the race, citing his growing business. "My business is in a period of expansion and change," Loblaw said in the online statement, "and I want to be fully involved in its growth. The time is not right to leave."

Loblaw first ran for mayor as a satirical candidate in 1982, when he changed his name to Bob Loblaw for the race. During that election, the then 22-year-old argued that in order to solve the city's water issues, he would send a team of labourers to dig a trench around Moose Jaw to sink the city. The water collected in the hole would then be piped into Regina.

This time, though, Loblaw had been a serious candidate.

On Friday, Charles Wiebe, 37, announced he was running for mayor. The former transit driver said he wants city hall to be more equitable, and for issues such as poverty, housing and racism to be discussed.

Wiebe now works for a charitable organization, and says if elected he will regularly donate half of his salary as mayor to charity.

CARRIE-MAY SIGGINS/METRO

Royal tour starts with some recollection and reflection

Quick trip. Prince Charles remembers time in New Brunswick before couple takes off for Toronto

The royal couple kicked off their Canadian tour Monday in New Brunswick, where Prince Charles recalled his time training as a military pilot, extolled the virtues of service and in a scene reminiscent of his son's visit last year, played a pick-up game of street hockey.

But unlike Prince William, Charles scored.

It was an unconventional kickoff for the couple's whirlwind visit — Charles's 16th to Canada — which began in earnest at Canadian Forces Base Gagetown, where he flew as a naval helicopter pilot in the 1970s "at an exercise area in the middle of nowhere," drawing a smattering of laughter from a crowd of about 800.

He also praised those who devote their time serving their communities — a prominent theme of the couple's visit as part of the Queen's Diamond Jubilee celebrations this year.

"I can only hope their example will inspire others as it inspires me," Charles said.

He also met with families of military personnel who have died.

THE CANADIAN PRESS

Itinerary

- On Tuesday, the Ontario government will host a reception in the historic Distillery District for the royal couple before Charles visits the Yonge Street Mission.
- They will leave Toronto on Tuesday evening for Regina.

Prince Charles and his wife, Camilla, the Duchess of Cornwall, sample maple syrup as they tour Saint John, N.B., on Monday. The royal couple is on a four-day Canadian tour with stops in New Brunswick, Ontario and Saskatchewan to mark the Queen's Diamond Jubilee. ANDREW VAUGHAN/THE CANADIAN PRESS

Man survives falls plunge

Emergency personnel rescue a man who plunged over Niagara Falls and survived in an apparent suicide attempt Monday. The man is only the third person known to have gone over without a safety device and live. A waiting helicopter flew him to a nearby hospital, where a spokeswoman says he has critical, but non-life-threatening injuries.

HARRY ROSSETANI/THE ASSOCIATED PRESS

Board rules against clemency for Canadian on U.S. death row

A Canadian on death row in Montana for killing two men 30 years ago was dealt a major blow Monday in his bid to avoid execution, after the state's board of pardons and parole recommended Ronald Smith be denied clemency.

Montana Gov. Brian Schweitzer will now decide if Smith — who is seeking life in prison without the possibility of parole — lives or dies.

"It's not a surprise at all. Even though they made a big to-do about it, this report just shows the way the state of Montana has been all along," Smith's longtime lawyer Don Vernay said in a telephone interview with The Canadian Press.

"It's always been they're going to kill this guy because for them to do an investigation in the manner they did shows they don't care."

A report done by staff at the Montana Board of Pardons and Parole, obtained prior to the clemency hearing, strongly recommended against granting Smith mercy. The board's final decision followed suit.

"It is the unanimous decision of the board to recommend that the governor of the State of Montana should not grant Ronald Allen Smith the extraordinary remedy of clemency," the panel wrote.

The Montana Board of Pardons says Ronald Smith, seen here at Montana State Prison this past February, should be put to death for killing two men 30 years ago. Smith, originally from Red Deer, Alta., is the only Canadian on death row in the United States. BILL GRAVELAND/THE CANADIAN PRESS

The decision by the three-member board was unanimous.

"The testimony presented by witnesses both supporting and opposing clemency for Mr. Smith was compelling and heartfelt," said the panel members in a letter to Schweitzer.

"The level and intensity of emotional testimony from both members of Mr. Smith's family and the extended family and friends of his victims, Mr. Mad Man Jr. and Mr. Running Rabbit Jr., was unprecedented in the experience of the board," the letter said.

"Whatever final decision that is made by you in this matter will result in continued grief and anguish for some, albeit solely as a result of Mr. Smith's actions."

The recommendation is not binding. It is now up to Schweitzer to decide if Smith lives or dies.

Vernay said he hopes the governor "is more open-minded" than the rest of the state of Montana.

Smith's sister, who testified on her brother's behalf, was shocked by the outcome.

"Absolutely dumbfounded right now. I can't believe they made that decision," Rita Duncan told The Canadian Press.

"Everything a person could humanly do to transform themselves to be a better person and to apologize. I don't know what more a person could do."

THE CANADIAN PRESS

Case facts

- Smith, 54, has been on death row ever since he admitted to shooting Thomas Mad Man Jr. and Harvey Running Rabbit near East Glacier, Mont., in 1982. He originally asked for the death penalty, but soon after changed his mind.
- Originally from Red Deer, Alta., Smith was 24 and had been taking LSD and drinking when he and Rodney Munro marched the two men into the woods where Munro stabbed one of them and Smith shot them both in the head.

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No Canadian boots on Afghan soil after 2014, Harper says

Afghanistan. 'If you asked me frankly, would I wish it was earlier, I would say yes,' said PM at NATO summit

Canada's military involvement in Afghanistan will come to a firm end in March 2014, the prime minister said Monday at the close of the NATO summit.

Though Canada will continue to financially support the Afghan army, there will be no boots on the ground once the NATO-led mission there comes to a close, Stephen Harper said.

"The time has come," Harper said. "All the benchmarks, all the milestones are being met to make this possible."

The announcement came as NATO and its partner nations formally agreed that Afghan security forces would take control of any combat next summer with NATO sliding into a support role until 2014.

They expressed confidence in the ability of Afghan security forces to take the lead a year earlier than originally planned.

"Transition means the people of Afghanistan increasingly see their own army and police in their towns and villages," NATO Secretary General Anders Fogh Rasmussen said.

"This is an important sign of progress toward our shared goal: An Afghanistan governed and secured by Afghans."

The arc of Harper's views on Afghanistan might have been summed in his body language as he and other NATO leaders began their final day of meetings. Harper was once the strongest proponent of the war in Afghanistan, but at the meeting he rocked back and forth in his chair and didn't even bother to stifle a yawn.

THE CANADIAN PRESS

Security

$4.1B

It is estimated that it will cost $4.1 billion a year for Afghanistan to run its security forces once the NATO-led coalition pulls out in 2014.

Prime Minister Stephen Harper sits in front of ministers Peter MacKay, left, and John Baird. SEAN KILPATRICK/THE CANADIAN PRESS

Albania. Bus falls off mountain cliff, killing 12 people and injuring 21

A bus carrying university students on a pre-graduation trip toppled off a mountain cliff in southern Albania on Monday, killing 12 people and injuring another 21, authorities said.

University officials said two buses had been taking 75 third-year language and literature students and three professors from Aleksander Xhuvani University in the city of Elbasan on a trip to the southern city of Saranda.

One bus carrying 33 people fell 80 metres off the road near the town of Himare, 220 kilometres south of the capital, Tirana, police spokeswoman Klejda Plangarica said.

The cause of the crash was unclear. Albanian media quoted one of the passengers and a resident near the crash site as saying the bus had been going very fast. Albania's transport minister also said the road had been recently repaired.

Fourteen of the injured students were in serious condition and were flown by helicopter to Tirana's military hospital. One died on the way, raising the total death toll to 12. Local prefect Edmond Velcani said the bus driver was among the dead.

THE ASSOCIATED PRESS

The bus that was carrying university students lies at the bottom of a cliff near Himare in southern Albania. THE ASSOCIATED PRESS

Conservatives remain quiet about Russian spy scandal

The Harper government had a host of military and possibly commercial reasons for not blaming and shaming Russia in the aftermath of an embarrassing spy scandal involving a junior intelligence officer, a series of internal briefings suggest.

The case of Sub-Lt. Jeffrey Delisle, which exploded across the front pages in January, has largely disappeared into a black hole of secrecy and court-ordered silence.

The Wall Street Journal recently quoted U.S. intelligence sources saying Delisle's breach in communications secrets was roughly as big in volume as the notorious U.S. data loss to WikiLeaks.

Yet, the Harper government has remained mute, even in the face of suggestions the case caused a major rift with Washington.

Several sources within the government and the military say there was a vigorous debate within the halls of power about whether to call out the former Cold War adversary over Delisle, whose case has been adjourned until June 13 while his lawyer awaits security-washed documents.

Sub-Lt. Jeffrey Paul Delisle
THE CANADIAN PRESS

A small cadre of cabinet ministers, notably Defence Minister Peter MacKay, argued for a measured, nuanced response to the crisis, which continues to have the potential to cause serious strains among allies, said the sources.

The Conservatives have previously shown no hesitation to paint Moscow unflatteringly, especially when it comes to justifying their military build-up in the Arctic.

But to alienate Russia over the alleged betrayal by a navy sub-lieutenant, potentially setting off tit-for-tat diplomatic expulsions, had more downsides than upsides, sources and briefing documents suggest.

THE CANADIAN PRESS

Arctic boundaries

The Arctic interests of both countries is a significant cause for diplomatic sensitivity.

- There have been suggestions of mineral wealth under the polar sea.
- Russian interest is reportedly weighted towards oil and gas exploration.

New Jersey

Two Canadian women fatally stabbed in botched robbery

Two Canadian women were fatally stabbed Monday during a botched robbery in a southern New Jersey resort community.

The victims, ages 47 and 80, were both stabbed multiple times in the upper body. Both died a short time after at a hospital.

Sgt. Monica McMenamin, an Atlantic City police spokeswoman, said Antoinette Pelzer, 44, was arrested around 10 a.m., just moments after the robbery occurred.

Pelzer initially was charged with two counts of aggravated assault and weapons offences. But Atlantic County prosecutor Ted Housel said she would likely face more serious charges following the victims' deaths.

Housel said a city police officer who happened to be patrolling in the area witnessed the stabbing and quickly subdued Pelzer at gunpoint on a block not far from the city's casino district.

THE ASSOCIATED PRESS

U.S.

Soldier stands trial for alleged bomb plot

A soldier accused of planning to bomb American troops stationed at Fort Hood wore a mask in court for the first time Monday as jury selection began in his federal trial.

Pfc. Naser Jason Abdo has been accused of biting through his lip and spitting blood on a deputy U.S. marshal and a sheriff's deputy who were escorting him after a court hearing last month.

THE ASSOCIATED PRESS

London 2012

Olympic flame briefly snuffed out

The Olympic torch was briefly snuffed out Monday during the relay leading up to the London 2012 Games.

The torch was attached to the side of Para-badminton player David Follett's wheelchair in the western England town of Great Torrington when the flame went out.

London Olympic organizers blamed the incident on a malfunctioning burner.

THE ASSOCIATED PRESS

Facebook stock sinks below IPO price on Day 2

Social network. Website loses nearly $10 billion of its market value

Facebook's stock tumbled well below its $38 US IPO price in the social network's second day of trading as a public company on Monday.

By late afternoon, Facebook's stock was at $34.26, down 10.4 per cent from Friday's closing price of $38.23. The company lost nearly $10 billion of its market value, and is now worth around $96 billion, about $2 billion below Amazon.com Inc.

"There must have been some sober second thoughts about this," said Brian Wieser, an analyst at Pivotal Research Group who was first to come out with a "Sell" rating on Facebook's stock on Friday.

It's not that he thinks the world's largest online social network is a bad investment. But at $38 per share, it's just too expensive considering the risks associated with Facebook's brief history and unproven advertising model, he says. His fair price, or "target price," is $30.

Initial public offerings are a delicate game of supply and demand. The investment banks orchestrating the transaction, the deal's underwriters, work with the company to decide how much stock to sell and at what price.

In Facebook's case, says Michael Pachter, an analyst with Wedbush Securities, the "underwriters gave FB poor advice, and allowed them to sell too much stock, then didn't properly sell the deal."

Investors and technology-industry watchers are closely tracking the Menlo Park, Calif.-based company's shares. Facebook's initial public stock offering was one of the most anticipated ever, and now serves as a bellwether for other social-media companies.

THE ASSOCIATED PRESS

Opening day

Facebook's market debut Friday suffered some hiccups.

- Trading on the Nasdaq was delayed for a half-hour due to issues with traders' orders.
- Although many had hoped for a big first day, Facebook's stock opened Friday at $42.05 and fluctuated between $45 and $38 throughout the day before closing at $38.23.

Status update: Married

Facebook founder and CEO Mark Zuckerberg and Priscilla Chan got married in Palo Alto, Calif., Saturday. The ceremony took place in Zuckerberg's backyard before fewer than 100 guests, who all thought they were there to celebrate Chan's graduation. THE ASSOCIATED PRESS

Space rocket

Three, two...wait

Private rocket-maker SpaceX is shooting for a Tuesday liftoff after fixing the engine problem that led to a launch abort over the weekend.

The U.S. company is the first private business to attempt to launch a spacecraft with supplies to the International Space Station.

Forecasters say there's an 80 per cent chance the weather in Cape Canaveral will co-operate.

THE ASSOCIATED PRESS

Market Minute

DOLLAR Closed

TSX Closed

OIL $92.57 US (+$1.09)

GOLD $1,588.70 US (-$3.20)

Natural gas: $2.72 US (-1.8¢)
Dow Jones: 12,504.48 (+135.10)

U.K.'s proposed surveillance program could expose private lives: Experts

British officials have given their word: "We won't read your emails."

But experts say the government's proposed new surveillance program will gather so much data that spooks won't have to read your messages to guess what you're up to.

The U.K. Home Office stresses it won't be reading the content of every Briton's communications, saying the data it seeks "is NOT the content of any communication." It is, however, looking for information about who's sending the message and to whom, where it's sent from and other details, including a message's length and its format.

The proposal, unveiled last week as part of the government's annual legislative program, is just a draft bill, so it could be modified or scrapped.

But if passed in its current form, it would put a huge amount of personal data at the government's disposal.

THE ASSOCIATED PRESS

Data

So even without opening emails, how much can British spooks learn about who's sending them?

- The ebb and flow of electronic communication, that call to your mother just before bed, that morning email to your boss saying you'll be late, frames our waking lives.

Businesswoman spared death

Wu Ying, head of the Bense Holding Group, attends the first trial for her running of a Ponzi scheme involving over 773-million yuan ($124 million US) between 2005 and 2007, at a court in Jinhua City in eastern China's Zhejiang province in 2009. The former tycoon who was convicted of illegally raising money for her business has been sentenced to prison after China's supreme court overturned a death sentence following a public outcry. THE ASSOCIATED PRESS

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AVAILABLE IMMEDIATELY: ONE DESPERATE COTTAGE GUEST

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With the Victoria Day long weekend behind us, the summer season has officially begun.

City dwellers delight in the mass exodus that takes place each sun-filled weekend as urbanites pack up their coolers and head out of town. As a national pastime, cottaging (a uniquely Canadian verb) is on par with wearing plaid shirts and truly believing that this is the year that our team will bring home the Stanley Cup.

I was never one of those fortunate people whose parents invested in a piece of summer property — yes, I know #firstworldproblem. Consequently, I've had to make some strategic moves to expand my social circle so that I might have a chance to experience the great outdoors while still enjoying the luxuries of indoor plumbing.

A few years ago, I was unreasonably disappointed when my good friend broke up with her long-time boyfriend whose family owned 3,000 square feet of lakefront paradise and not one, but two boats. Sure they were never meant to last, but couldn't she have waited until after Thanksgiving? He had a water trampoline for crying out loud.

Cottage, anyone?

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

First of all, I have already assembled what I imagine to be the ultimate summer 2012 music playlist. You won't have to go through the hassle of finding the perfect ratio of party anthems to mid-afternoon nap jams. But if you just want to listen to Call Me Maybe on repeat I'm also totally OK with that.

I have spent years acquiring Canadiana-inspired outfits to wear for all sorts of cabin-in-the-woods-themed weekends. My wardrobe is starting to look like a Hudson's Bay Co. catalogue.

I'll happily spend the afternoon running to and from the beer fridge to ensure that all cottage-goers are staying properly hydrated. And when the rain clouds roll in, I have you covered with a seriously large collection of board games. Twister, Scattegories, Taboo, Scrabble … boredom is not an option when I come to visit.

Finally, I deserve a getaway. A family of skunks — yes, skunks — recently took up residence underneath the house I live in. And since I'm in a basement apartment, this essentially means I have Pepe Le Pew and friends living in the wall behind my couch.

So if you've got a deck chair to spare this summer, I could use a weekend escape.

Use the buddy system if you have a cottage, please. ISTOCK

Not quite a total eclipse

MICHAEL CHOW/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

Rare occurrence

When sun and moon align

Hikers watch an annular eclipse from Papago Park in Phoenix on Sunday.

The annular eclipse, in which the moon passes in front of the sun leaving only a golden ring around its edges, was visible to wide areas across China, Japan and elsewhere in the region before moving across the Pacific to be seen in parts of the western United States late Sunday afternoon.

THE ASSOCIATED PRESS

Astronomy 101

14,000

The eclipse followed a narrow 14,000-kilometre path for 3 1/2 hours. The ring phenomenon lasted about five minutes, depending on the location. People outside the narrow band for prime viewing saw a partial eclipse.

In Japan

Even lemurs react to marvellous sight

A Japanese zoo said the eclipse made lemurs believe it was evening.

Some 20 lemurs at the Japan Monkey Center in central Japan skipped breakfast, climbed up and jumped between trees and poles, a typical evening behaviour, according to the zoo. They returned to normal after the eclipse.

"They must be reacting to the eclipse," zoo director Akira Kato told public broadcaster NHK.

THE ASSOCIATED PRESS

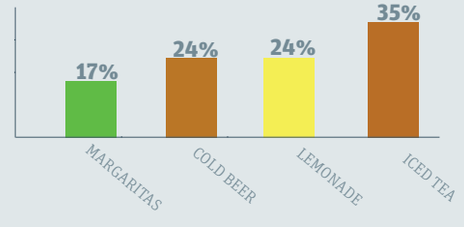
Enjoy responsibly

- **'Ring of fire'** eclipses are not as dramatic as a total eclipse, when the disc of the sun is entirely blocked by the moon. The moon is too far from Earth and appears too small in the sky to blot out the sun completely.
- **Doctors and education officials** have warned of eye injuries from improper viewing. Before the event started, Japan's education minister demonstrated how to use eclipse glasses in a televised news conference.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

With the warm weather on its way, what's your favourite summer drink?



Twitter

@saskgirl2: @Rhino_Bob @leadsheep1 If people in #yqr vote in this clown I'll be headed back to Calgary or Edmonton. #blockedbyNovak

@NODProblems: Okay, we realize there are SERIOUS problems in YQR and we aren't ignoring them. We are just trying to have fun and make the people laugh.

@Guyzer: Very cool, the #Snowbirds are in town. #Regina #yqr #whyqr http://pic.twitter.com/vUlcjyle

@devo306: RT"@Sodproblems: Make money make money money #yqr" I'm rich lol

@MikeSingleton9: Canadian Gymnastics Championship in YQR. Without previous $ spent this event wouldn't be here. #saskpoli #domestadium #riders

metro
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DVD reviews

The Woman in Black

Director. James Watkins

Stars. Daniel Radcliffe, Janet McTeer

The Woman in Black is a haunted-house shocker set in the late 19th century in a remote Yorkshire village where the frights are foremost, and the acting of its star, Harry Potter's Daniel Radcliffe, is almost beside the point. You could hardly find a more scream-tested story. Based on Susan Hill's 1983 novel about a phantom woman killing children to avenge the loss of her son, the tale has also been told on stage, radio and in a TV movie. Radcliffe, playing London solicitor Arthur Kipps, must travel to Eel Marsh House, a dwelling so remote it is accessible by horse-drawn cart — and then only when the tide is out. Of course he must stay several nights at the eerie place, ignoring the ghost stories he's heard. Turns out he heard right: at Eel Marsh, Kipps doesn't just see dead people, he's practically stampeded by them, especially in the film's later reels, when The Woman in Black ends up a multi-generational horror show. Extras include a commentary with Watkins and Jane Goldman and two making-of featurettes.

PETER HOWELL

The Grey

Director. Joe Carnahan

Stars. Liam Neeson, Dermot Mulroney, Frank Grillo

As the security chief of a remote Alaskan oil-drilling complex, the job of Ottway (Liam Neeson) is to hunt and kill the rapacious wolves threatening workers. The Grey's plot starts when Ottway and his team must fly to Anchorage and disaster intervenes. After one of the most realistic — and frightening — air crashes ever committed to film, Ottway jolts out of a snowbank to find himself surrounded by bits of burning jet and a handful of fellow survivors. They've fallen into the domain of the grey wolf. The Grey ends with a thought open to interpretation. Stick around for the credit rolls.

PETER HOWELL

Josh Brolin plays a young Tommy Lee Jones in Men in Black 3. HANDOUT

Hey Brolin, what's a flux capacitor?

Pop quiz. Metro puts Men in Black 3 star Josh Brolin to the test, quizzing him on his knowledge of time travel — Hollywood style

NED EHRBAR
Metro World News in Hollywood

Josh Brolin knew he was taking on a challenge when he signed on to play a younger version of Tommy Lee Jones in the time-travel-themed Men in Black 3. But how ready was he for the challenge of Metro's Time Travel Pop Quiz? Read on to find out.

First of all, how many gigawatts are required to energize the flux capacitor?
Um... 360,000?

Nope, 1.21.
I'm glad I got that so wrong (laughs).

While time-traveling, can you interact with your past or future self, or would that cause a catastrophic event?
It would cause a catastrophic event. But Boris the Animal does (in Men in Black 3). I just know that time travel as is understood by Hollywood and their storytelling has been if you in any way affect the past that you go into, that it always has a negative effect on the future. That's what I've been told, at least.

Speaking of, say you travel back in time and you arrive standing alone in front of a young Adolf Hitler. What do you do?
Befriend. That'd be the best way to get in there, and then you can detour him. Befriend and detour.

What kind of adventure did Bill and Ted have?
An excellent one. When I met Keanu Reeves, that was the first thing I said. I was like, "Bill and Ted, right on dude!" I did SNL recently and we did The Californians, and I think that was what I did, some version of guys I grew up with and Keanu Reeves in that movie. It's funny because they came up to me during rehearsal and were like, "We'd like you to do more of a California voice." And I said, "Dude, honestly, being from California I'm doing the only voice that's California. Everybody else is doing the funny version. I think I'm just doing the accurate version.

In Terminator, is Arnold Schwarzenegger a cyborg, an alien or a wacky twin?
A cyborg, of course. But a different type of cyborg is Robert Patrick in number two, right? What's it called?

The T-1000.
The T-1000. Very good, man. You know your stuff.

OK, you can only make one time-travel trip. Would you rather go forward or backward?
Wow. That's a great question. And I only have one choice. Forward, for sure. Selfishly, I'd like to backwards because there's a lot of people that I would love to meet, you know? A lot of writers, obviously a lot of very important people from your Jesuses to your Mahatma Gandhis to the obvious. But if you go forward you can see what actually is the consequence of what we're doing now, come back and actually have proof that will happen if we don't change. But then everyone will think you're crazy, of course. And then you have to deal with that, but I already have to deal with that anyway, so that's really par for the course for me (laughs).

Which movie, in your opinion, gets time travel the most right?
God, man. Time Bandits by Terry Gilliam was probably my favorite time travel movie that I've seen, just because it was so fantastical, and Terry Gilliam is such a brilliant director. Like Brazil and Fear and Loathing, the lenses that he uses are so warped and all that. It's brilliant. I like that movie a lot.

A lot of people say Back to the Future.
To me, Time Bandits was a different level of it. Back to the Future is fun and kind of like, (in a Valley Girl voice) "Oh my god, it's so much fun! He's skateboarding and it's a rocket! Oh my god!" (laughs) I haven't seen Time Bandits in a while, I need to watch it again.

I'll give you a chance to redeem yourself on the gigawatts question if you can tell me how fast the DeLoreon in Back to the Future has to go to travel through time.
Oh God, I know this. Sixty-five?

Eighty-eight.
F–! I wouldn't get very far.

2 SCENE

Box office

Avengers still has muscle

The Avengers continues to muscle out everything else Hollywood throws at it, easily sinking naval rival Battleship and other new releases. With $55.1 million domestically, Disney's superhero sensation remained No. 1 for a third-straight weekend and took in more than the three big newcomers combined. Overseas, The Avengers added an additional $56 million. The film is approaching the $1.2 billion mark worldwide, totalling $457.1 million domestically and $723.3 million internationally. "The Avengers is dominating the marketplace so profoundly that the newcomers are having a tough time breaking in now," said Paul Dergarabedian, analyst for box-office tracker Hollywood.com. Universal's Battleship opened a distant No. 2 with $25.4 million domestically, well below industry expectations. But the board-game adaptation starring Liam Neeson, Taylor Kitsch and Rihanna already has grossed $226.8 million overseas since launching in April, giving it a worldwide total of $252.1 million. Sacha Baron Cohen's comedy The Dictator, in which he plays a tyrannical third-world leader, debuted in third-place with $17.4 million for the weekend. Since opening Wednesday, the Paramount release has taken in $24.5 million.

THE ASSOCIATED PRESS

On the web

Forrest Gump actor Gary Sinise holding Va concert to raise money for wounded vet's home

Katy Perry ALL PHOTOS GETTY IMAGES

The one that got away: Katy Perry sings about marriage breakup

While Katy Perry's last big breakup hit, Part of Me, proved to have been written before her marriage to, and split from, Russell Brand, sources say her latest single, Wide Awake, is most certainly about her 14-month marriage to the British comedian, according to People magazine.

"I wish I knew then what I know now," Perry sings on the track. "Wouldn't dive in, wouldn't bow down."

Quoted

"I wish I knew then what I know now."

Katy Perry
Lyrics from her latest single, Wide Awake.

Seems pretty fitting.

"It's obviously about Russell," a source says. Perry hasn't commented on the inspiration for the track.

Nick Stahl

Actor Nick Stahl enters rehab after being found safe

After reportedly emailing friends about his intentions of seeking treatment, actor Nick Stahl has entered rehab, his wife confirms to E! News.

"He wants to be well," Rose Stahl says. "He's a good man and we want him home so we can help him." Rose had reported Nick missing after not hearing from him for 10 days, and she expressed concern that drugs had been involved in his disappearance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Justin Bieber goes gaga for Selena Gomez's costar?

THE WORD
Monica Weymouth
scene@metronews.ca

"Thank you for the time I had with you but I have to move on now," Justin Bieber posted to his account. This comes after rumours that when visiting the set of girlfriend Selena Gomez's new movie, Spring Breakers, he fell for her nearly identical costar, Vanessa Hudgens (better known in this column as Zac Efron's unworthy ex).

For her part, Gomez closed her Instagram account, then took to Facebook with a photo of herself at a shooting range with the ominous caption, "Released some stress today."

Twitter, Instagram, Facebook: are you following this? Forget that these two are famous — it's nearly impossible for any teenager to get dumped with a little dignity these days. We never thought we'd say this, but long live the days of dial-up AOL in your parents' dining room.

Call in the Army

After Van Halen cancelled the remainder of their tour on Friday, tribute band Van Halen's Army offered to step in. "They have an obligation to fulfill ... somebody signs up to do the job they should complete it," a guitarist identified as Joe tells TMZ. "We could easily do it — our singer sounds exactly like David Lee Roth!"

Robin Gibb

Bee Gees singer Robin Gibb passes away

Less than a week after the passing of Donna Summer, another titan of disco is gone. "The family of Robin Gibb, of the Bee Gees, announce with great sadness that Robin passed away today following his long battle with cancer and intestinal surgery," a rep confirmed to Us Weekly in a statement. "The family have asked that their privacy is respected at this very difficult time." Gibb, who had been battling cancer for years, fell into a coma last month but recovered.

Tara Reid

Tara Reid parties it up in Cannes

Despite her efforts to present a cleaned up and mature image while promoting American Reunion, Tara Reid seems to be up to her old tricks. The troubled actress has been living it up in Cannes this weekend, where she was spotted looking worse for the wear while hurrying from one night club to another in the wee hours, according to the Daily Mail. Reid remains unapologetic about her penchant for celebrating. "It's not like going out and getting drunk is a crime, lots of people do it," she tells the U.K.'s Loaded magazine.

Twitter

@SteveCarell
For breakfast, my son ate: a chocolate chip waffle, a scoop of peanut butter, and a meatball. #Fatheroftheyear

@AlbertBrooks
Was in the desert for two days with no computer, tv, or anything. Just nature. Nature looks fatter in person.

@rosie
Reading OK mag 4 the first time - kinda shocked at how many people I do not know

@SteveMartinToGo
IMPORTANT ANNOUNCEMENT: A thing that will be something soon, coming, I'm sure, in the future, at some point.

Post-travel yoga

Need a vacation after your vacation? Here's an easy yoga sequence to ease travel-related stress, doable in a hotel room, at home or anywhere.

ROMINA MCGUINNESS
Metro World News in London, U.K.

A long journey can leave you feeling disorientated, stiff and groggy. You feel so rubbish you wonder why you bothered leaving in the first place.

Stop whining and get moving. Yoga can be done anywhere, any time, so rather than suppress a yawn, do this simple sequence in your hotel room to boost your energy levels and restore core strength.

The poses will get your blood circulation going and help open up tight hips, backs, necks and shoulders, all of which get cramped when travelling, says yoga instructor Kristin McGee, who trains comedienne Tina Fey.

Quote

"Downward dog inversions will revive your brain and relieve you from back pain and insomnia."
McGee

1 Cat

The combination of Cat and Cow pose provides a gentle massage to the spine and stretches the neck.

How to: From tabletop position, exhale and round your spine towards the ceiling. Release your head toward the floor. Inhale and come back into a neutral tabletop.

2 Cow

How to: Inhale and lift your sitting bones and chest toward the ceiling. Allow your belly to sink toward the floor. Lift your head and look straight forward. Exhale and come back into neutral.

Alternate between Cat and Cow for 5-8 cycles making sure you link breath and movement.

3 Downward Facing Dog

If you're feeling sluggish, downward dog inversions will revive your brain and relieve you from back pain and insomnia.

How to: From Cow, tuck your toes under and press back into a Downward-Facing Dog. Hold for 1-3 minutes.

4 One-Legged King Pigeon

Stretches the thighs, chest and neck and opens up the shoulders. Perfect if you've been sitting down too long.

How to: From Downward-Facing Dog, slide your right knee forward and parallel to the front of the mat as you slide your left leg back. Recline forward if you can and stay for 8-10 breaths before switching sides.

Get your exergaming face on

Exercise craze. Giving your thumbs and your bum a workout— pilot study looks at the success of exergaming

CELIA MILNE
life@metronews.ca

There's exercise. And there's gaming. And now there's exergaming.

A Canadian pilot study has found blending video games with stationary biking is a great way to meet fitness goals.

"Yes, activity is good for us...but if we don't enjoy it, we simply won't stick with it. Exergaming is a great tool because it is highly enjoyable," says Dr. Melanie Keats (PhD), lead author of the study.

Keats, an assistant professor at Dalhousie University in Halifax, and colleagues divided a small group of university students into those who used exercise bikes and followed a cycle training program, and those who used exercise bikes and played video games.

Both groups were asked to cycle for 30 minutes twice a week for six weeks.

Results showed the exergaming people were more likely to attend their exercise sessions, worked harder and improved their fitness levels more than those who used the cycle training program.

Many gyms now have exergaming cycles and rowing machines. Some of these systems connect to online resources and social media such as Facebook and Twitter so that you can track your progress, set up virtual groups and compete against your friends and other participants locally, nationally and around the world.

Keats' advice to those who want to exercise more but lack motivation? "Find something that you enjoy. Try new things, keep mixing things up, and involve your friends and family!"

Melanie Keats with the exergaming bikes. CONTRIBUTED

3 LIFE

Heart issues

Men are more immune to mental stress

Women are more likely to suffer heart trouble following an emotional episode than men, claim scientists from the Penn State College of Medicine. They found that while mental stress increased coronary blood flow in men, it caused no change in women, potentially putting women at a greater risk of developing heart problems. METRO WORLD NEWS

Bad trip

Want to rant or rave about your travel experiences, whether it's sloppy in-flight food or smelly toilets? Go to www.airlikes.com to share your experiences about the airlines and airports you've loved or hated. METRO WORLD NEWS

On the web

In France, autistic kids get psychotherapy; critics slam approach as outdated, unscientific

Hot Bites. Spicy salsa, rice and cheese nibbles have flavour of nachos

1. In a large bowl, combine rice and cheese; set aside.

2. In another bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.

3. Spray miniature muffin pans with vegetable cooking spray. Spoon about 22 ml (1 1/2 tbsp) of rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.

4. Bake in 180 C (350 F) oven for 15 to 20 minutes or until lightly browned. Serve warm with additional salsa and sour cream, if using. **THE CANADIAN PRESS/ RICEINFO.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 750 ml (3 cups) cooked brown rice
- 250 ml (1 cup) shredded pepper jack cheese
- 4 eggs
- 1 jar (500 ml/16 oz) medium thick and chunky salsa
- 125 ml (1/2 cup) sour cream
- 2 ml (1/2 tsp) salt, pepper
- 175 ml (3/4 cup) crushed corn tortilla chips
- Additional salsa and sour cream, for garnish

End dinner on a sweet note for the big & little kids

Chocolate Mango Mousse

The chocolate flavours aren't overpowering. MATTHEW MEAD/ THE ASSOCIATED PRESS

Because this is a chilled dessert, you can make it ahead of time and not worry about things coming out of the oven at the right time when you're busy trying to impress picky dinner guests.

1. Fill a medium bowl with ice.

2. In blender, combine mango chunks, sugar, milk, whole egg and yolk, and cornstarch. Purée until completely it is smooth.

3. Pour the mixture into a small saucepan over medium heat. Whisking constantly, heat the mixture until it thickens and comes to a boil. Remove from heat and add the milk chocolate bits. Stir until the chocolate is melted and thoroughly incorporated.

4. Place the saucepan in a bowl of ice; ensure that none of the ice gets into the saucepan. Whisk the mixture until it is completely cooled and smooth.

5. In a large bowl, place the heavy cream. Use an electric mixer to beat it until medium peaks form, 3 to 5 minutes.

6. Add half of the beaten cream to the milk chocolate-mango mixture and fold together to incorporate. Add remaining cream and fold again to incorporate.

7. Transfer the Chocolate Mango Mousse to 4 individual serving dishes and refrigerate until you are ready to serve it. **THE ASSOCIATED PRESS**

Ingredients

- 250 ml (1 cup) frozen mango chunks, thawed
- 30 ml (2 tbsp) sugar
- 125 ml (1/2 cup) homogenized milk
- 1 whole egg, plus 1 yolk
- 22 ml (1 1/2 tbsp) cornstarch
- 150 ml (2/3 cup) milk chocolate bits
- 250 ml (1 cup) heavy cream

Simplicity of Southern faves

During a visit to a food festival in South Carolina, I was invited to the home of Nathalie Dupree, cookbook author and Southern entertainer.

While there were a lot of amazing dishes being served, the one I could not keep my spoon out of was a simple rendition of Low Country shrimp and grits. The shrimp tasted like the sea and the texture was tender and pristine. I realized Nathalie's shortcut, which was also her brilliance.

The one drawback to shrimp and grits is that often the shrimp end up tough and overcooked. Dupree found a simple way around this. I blurted out, "Nathalie, did you put raw shrimp in the simmering grits?"

"Yes, I did," she replied. "And I sometimes put a handful of spinach in there, too."

I couldn't wait to try a new kind of shrimp and grits recipe.

1. In 4-quart Dutch oven over medium-high, combine water and butter. Bring to a boil, then add grits, stirring as you do so.

2. Return to boil, then reduce heat to low to maintain a simmer. Cook, alternating with lid on and off, 40 mins., or until soft but not mushy. If they get too stiff, add milk or water.

3. Stir in the Boursin and cheddar cheeses, and the salt and pepper. Add the shrimp, stir and let simmer until cooked through, about 4 minutes.

4. Just before serving, stir in spinach and let wilt 2 minutes. Garnish with the tomatoes and a generous amount of grated Parmesan. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL (GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF)**

Ingredients

- 3 cups water
- 2 tbsp unsalted butter
- 1 cup corn grits
- Half of a 5.2-ounce wheel of Boursin cheese
- 1/2 cup grated sharp cheddar cheese
- 1/2 to 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 lb raw shrimp, peeled and deveined
- 3 cups baby spinach
- 1/2 cup grape tomatoes, halved
- Parmesan cheese

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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What to do when someone 'shows you the money'

Financial windfall. It's not a dilemma we often have but sometimes a pile of cash comes your way. So what should you do with it?

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

"A divorce," once noted Margaret Atwood, "is like an amputation: you survive it, but there's less of you." This usually means financially too.

But a friend of a colleague here at Metro, is exiting her marriage with a slightly fatter wallet, $20,000 to be exact. And now she's wondering what to do with it.

Confession. After my own divorce eons ago I bought a red telephone and a sexy green Karmann Ghia. However, with the wisdom of time at my disposal, I'd suggest something different.

First of all, take a breath; park the $20,000 in a short term GIC or high interest savings account for at least a couple of months until the emotional dust settles a bit.

Second, after a windfall of any kind, ask the question, "Who are you?" Spending, saving and investing is entirely dependent on your personality and situation.

A young, safely employed, debt-less divorcee with no kids could justify a fab trip, a killer new wardrobe or cool wheels.

Alison's money rule

Financial windfalls are rare. Treasure them and be slow to make spending decisions.

On the other hand, debt, dependents and dreams might steer you in a different path. Let's say you have sizeable RRSP (registered retirement savings plan) contribution room. Deploying most of the funds to retirement savings might yield a nice refund next year, which could then be used to pay down debt.

If kids are in the picture dividing the money up between an RRSP and an RESP (registered education savings plan) would provide a smaller tax refund but the RESP deposit will attract a 20 per cent government grant.

Now to dreams! I always advise those receiving a windfall to do a little dreaming about the future. It could be more education, a home or even a business.

A few years back one reader took a chunk of her divorce settlement and bought a commercial grade sewing machine, cutting table and fitting dummy. She now has a internet business custom sewing for hard-to-fit folk.

If you have kids you might want to indulge their dreams also. But take care with this because spending to assuage the pain of divorce is a temporary bandage at best.

Next week, I'll offer a few ideas for investing the windfall.

Occasionally 'what happens in Vegas' actually follows you home. ISTOCK IMAGES

Statistic

4/10

Four in 10 Canadian marriages end in divorce

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Wedding etiquette

Tips for small talk

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Hello Charles the Butler! When I go to my friends' weddings, like everyone else I have to sit at a table of about 10 people, but I often don't know most of them. Am I honestly expected to talk to these strangers at my table?

It would be very rude to arrive at a dinner table, sit down, and not speak to anyone except the person beside you!

Yes, you need to socially make an effort and try to introduce yourself to all of the others at the table and you need to make polite conversation with them.

Now often people have trouble making "small talk" as they do not know what to say, so here is a trick I teach people. Read the newspaper the morning of your event. By reading the paper, this allows you to know what is going on around the world and have topics of conversations with people as this gives you many, many things to talk about. If you can't get a paper, listen to the news on the radio or go online.

When at a wedding, it's considered rude to ignore the strangers at your table. Try to make conversation. ISTOCK

Go-getter sends email survey to woman after dates

We all remember ye olde tale of the online dater who organized his potential matches using a spreadsheet rankings of the women on a scale of one to 10.

Now, brace yourself for the latest star of the awkward dating techniques show.

Meet Mike, a 24-year-old finance worker based in Philadelphia, who is just looking for a little feedback. Unfortunately for him, his former dating partner seized the opportunity to humiliate him after she was sent a survey about her interaction with Mike once they agreed to stop seeing each other.

The young woman met Mike on OKCupid and told Deadspin that he is "six feet, overall moderately attractive." However, after a few dates, she realized it just wasn't "there."

"He struck me as a little socially inept hence why I was starting to doubt the 'non-physical' attraction," she told Deadspin. "He wasn't too creepy, just the type of guy who over analyzes every detail and feels completely awkward in the majority of social situations. It didn't seem like he got out much."

And that's when Mike sent the survey ... in an email ... with a subject line including a Romeo & Juliet passage.

"Good Night, Good night! Parting is such sweet sorrow, that I shall say good night till it be morrow," if you must know.

So what is it that Mike wants to know? Basically, all of the questions everyone wonders after a date, but never ever asks because it would be super weird and socially inappropriate to do so. For example, "Mike is very masculine. At any point; did you feel he was compensating for anything?"

Here's another perfectly reasonable question: "Are you a feminist? — your answer is for informational purposes only."

Also, in case she wanted to leave Mike any final thoughts, he included an area where she could "feel free to use the space below to draw Mike a picture."

This guy needs to know when to call it quits. ISTOCK

METRO NEW YORK

4 SPORTS

Cycling

"Sure there's hard moments and you're suffering and you'd rather be other places, but the rewards you get back from persevering, that's what keeps you here and I wouldn't trade anything for it."

Canada's Ryder Hesjedal on Monday. It doesn't get much bigger than this for Hesjedal. Standing second overall, the 31-year-old from Victoria has five stages and 925 kilometres to go before the storied race finishes Sunday in Milan. Hesjedal, the designated leader of the Garmin-Barracuda team, is 30 seconds back of Spain's Joaquin Rodriguez.

On the web

Devils swap Sykora out for Game 4

The New Jersey Devils replaced Petr Sykora with centre Jacob Josefson in its lineup for Monday night's Game 4 against the New York Rangers with hopes of igniting a suddenly stagnant offence. Go to metronews.ca/sports for coverage of Game 4.

On the web

Peyton Manning suited up for his first full practice with the Broncos on Monday and according to Denver cornerback Champ Bailey, the four-time MVP "hasn't missed a beat" after being sidelined for over 16 months with a neck injury. Scan the code for the story.

Kings centre Mike Richards shoots on Coyotes goalie Mike Smith on Sunday in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS

Kings redefining power in the playoffs

NHL. L.A. on cusp of cup-final berth despite lacklustre results with man advantage

The Los Angeles Kings could go on to prove the power play is overrated in the NHL playoffs.

The Kings have but six goals in 70 power-play chances — more chances than any of the remaining teams. They're clicking along at 8.6 per cent, even lower than the power-play-bereft Boston Bruins last year.

And the Kings are nonetheless a win away from a berth in the Stanley Cup final.

"The Boston Bruins won the cup," said Kings coach Darryl Sutter.

The Bruins won last year with a power play that clicked at 11.4 per cent efficiency. That was 14th among the 16 teams that made the post-season, and last among the eight that advanced to the second round.

The Kings' extra-man unit is rated 15th among the 16 teams that made the playoffs and dead last among teams that made it out of the first round. They scored on 17 per cent of their man-advantage situations in the regular season.

The Coyotes — the Kings' Western Conference final opponent — aren't much better, at 13.6 per cent, 11th among post-season teams.

"There's not many power plays in the playoffs," said Sutter. "It basically boils down to your top guys. Sometimes you do and sometimes you don't."

That said, the Kings don't want to take any chances. After another 0-for-the-power-play in Sunday's 2-0 loss, Kings captain Dustin Brown skated out early to Monday's optional practice to work on deflecting the puck.

"I've been having a lot of tip opportunities and I've been missing them," said Brown. "You only get one or two opportunities in the game to tip a puck and I just wanted to work on it a little bit."

The Kings need one more win to get to the final, something they could secure with a Game 5 win Tuesday night in Glendale, Ariz.

TORSTAR NEWS SERVICE

Phantom power

Recently, having the top power play has not guaranteed a cup.

- In 2010, Chicago (22.5 per cent) won with the third-best power play of teams that made it past the second round.
- In 2009, Pittsburgh (20.6 per cent) had the sixth-best of the teams that made it to the second round.

Tennis

Nadal claims one more title on clay

Rafael Nadal showed Novak Djokovic he's still the man to beat on clay, defeating the top-ranked Serb 7-5, 6-3 Monday in a rain-delayed final to win his record sixth Italian Open.

After losing to Djokovic in seven straight finals, Nadal has now won two in a row against the Serb after also taking the Monte Carlo Masters title on clay.

"I don't think I played that well, I can do better," Nadal said. "When you are not serving 100 per cent perfect then you are in trouble, because he returns hard. I am trying to play more aggressive."

With the French Open starting Sunday, both players said they have room to improve. THE ASSOCIATED PRESS

Rafael Nadal, left, and Novak Djokovic on Monday in Rome. GETTY IMAGES

MLB

Jays' Arencibia rewarded for stellar week

Toronto Blue Jays catcher J.P. Arencibia was named the American League player of the week on Monday.

Arencibia had four home runs, 10 RBIs and seven runs scored in six games last week. He batted .360 and went 9-for-25 during that span.

It's the 26-year-old's first weekly MLB honour and marks the first time a Blue Jays catcher has won the award.

THE CANADIAN PRESS

Bass drops the boom as Celtics top Sixers

Celtics guard Ray Allen shoots over 76ers forwards Thaddeus Young and Andre Iguodala in Boston on Monday night. CHARLES KRUPA/THE ASSOCIATED PRESS

Brandon Bass scored 18 of his post-season career-high 27 points in the third quarter on Monday night as the Boston Celtics pulled away from the Philadelphia 76ers to win 101-85 and take a 3-2 lead in their Eastern Conference semifinal series.

Kevin Garnett added 20 points and Rajon Rondo had 13 points and 14 assists for the Celtics, who can advance to the East finals with a victory in Philadelphia on Wednesday. The Sixers need a win to force the series back to Boston for a decisive Game 7 on Saturday.

Elton Brand scored 19 and Evan Turner had 11 points and 10 rebounds for Philadelphia, which led by six points early in the third quarter before Boston scored 14 of the next 16 points. Bass scored eight of them, including back-to-back dunks followed by a steal that set up Ray Allen's fast-break layup to give the Celtics a 63-57 lead with five minutes left in the quarter.

Boston closed out the third with a 10-2 run over the final three minutes and outscored the Sixers 28-16 in the period. The Celtics also scored 16 of the first 22 points in the fourth quarter — seven from Rondo — to put away the game.

Paul Pierce had 16 points — going 9 for 9 from the free throw line — and Allen, back in the starting lineup because of an injury to Avery Bradley, had five points.

THE ASSOCIATED PRESS

Game 5

Celtics	76ers
101	85

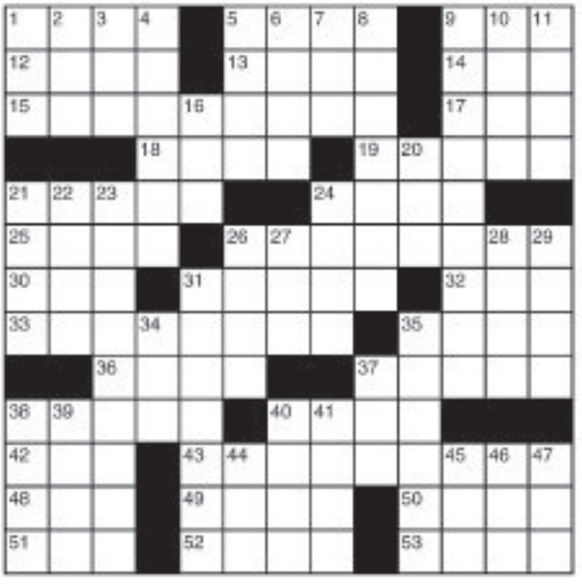
Crossword

Across

1 Record
5 Dieter's target
9 Satchel
12 Ontario neighbor
13 Staffer
14 Altar affirmative
15 Big rat
17 Hair-care product
18 Congregational cry
19 Stormed
21 Puny one
24 "David Copperfield" girl
25 Congers
26 Fleet of ships
30 Ms. MacGraw
31 Nut-bearing hardwood tree
32 Chic no longer
33 Washington volcano
35 Horseback game
36 Caspian Sea feeder
37 Arise
38 Actress Black
40 Aspiration
42 Past
43 Unpredictable venture
48 Writer Buscaglia
49 Enormous
50 Initial stake
51 NYC winter hrs.
52 "Zounds!"
53 Apportion

Down

1 Society newbie
2 401(k) alternative
3 Sermon subject
4 Lebanon trees
5 Confront
6 Yellow Brick Road follower
7 Big bother
8 Promise to wed
9 Oaf
10 "Zip- — -Doo-Dah"
11 Prospector's dream
16 Mischievous tyke
20 "Exodus" figure
21 Pekoe et al.
22 Lump raised by a blow
23 Secretary of war, 1899-1904
24 Medical types
26 Sense
27 Author Deighton
28 Humdinger
29 On
31 A Streetcar Named Desire role
34 Before
35 The Taking of — One Two Three
37 Petrol
38 Hardy cabbage
39 Quite some time
40 Enthusiastic
41 Newspaper page
44 Bad hairpiece
45 A Chorus Line song
46 Mel of Cooperstown
47 Driving site



Sudoku

3			9	4				6
	1					3	5	
	6			7	5			9
					7			1
		8				7		
1			2					
9			8	5			6	
	2	7					8	
5				9	4			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	8	7	5	9	3	1	4
5	9	1	2	4	3	8	7	6
3	4	7	1	8	6	5	9	2
4	6	3	8	2	7	9	5	1
8	7	2	5	9	1	6	4	3
9	1	5	3	6	4	7	2	8
7	3	9	6	1	2	4	8	5
2	8	6	4	7	5	1	3	9
1	5	4	9	3	8	2	6	7

Friday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

JUPL ARV ZQPPM KRLZJQGMPQ

XQEPL PLMUVKGXKMGBXEEA.

RLP BRVEF KVWWRKP MUXM

ARV UPQXEF UXQREF.

Yesterday's Cryptoquip: IF A CHURCH PASTOR IS VERY FRIENDLY AND GREGARIOUS, I'D HAVE TO SAY HE'S A PEOPLE PARSON.

Today's Cryptoquip Clue: A equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Keep your wits about you today, because the planets indicate there is money to be made.

Taurus | April 21 - May 21. As from today there should be no further doubts about what it is you desire and what it is you intend to do with your life.

Gemini | May 22 - June 20. Some thoughts can be shared and some thoughts are best kept to yourself.

Cancer | June 21 - July 22. There is a lot you can do on your own but there is absolutely nothing you cannot do with like-minded friends by your side.

Leo | July 23 - Aug. 22. If ever there was the perfect time to impress employers and other important people that time is now. Be brilliant.

Virgo | Aug. 23 - Sept. 22. You may have an overwhelming urge to get away from your everyday environment but because you have duties to perform that might not be possible today.

Libra | Sept. 23 - Oct. 22. The Sun in Gemini at this time of year encourages you to think in new ways.

Scorpio | Oct. 23 - Nov. 21. Don't try to analyze why you feel so good today because the more you chase after the feeling the more it will slip away from you.

Sagittarius | Nov. 22 - Dec. 21. Success is yours if you have the right attitude. And what is that? That you are a blessing on the world.

Capricorn | Dec. 22 - Jan 20. Even the most tongue-tied of Capricorns will express themselves beautifully today.

Aquarius | Jan. 21 - Feb 18. Take life as it comes and don't worry about tomorrow or the day after that.

Pisces | Feb. 19 - March 20. Go out of your way to get along with people today, even people you might prefer to avoid. Everyone you meet has something to teach you.

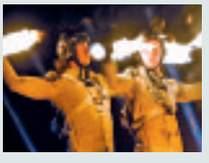
SALLY BROMPTON

Caption Contest

"I'm b-b-b-bad to the....where's my bone?"
Lily

SAKCHAI LALIT/THE ASSOCIATED PRESS

Win!



You write it!

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